



Meal Team Information & Application

Dear Meal Team,

One in five Casino Road area students reports having to miss a meal in the last year because of a lack of food. We're excited that you're partnering with us to provide meals for our kids. These meals are a blessing to our community's children, and may be the only nutritious meal that kids get all day.

Meal Teams Expectations

As a Meal Team serving children in the Casino Road/South Everett communities, we ask that your team commit to the following expectations:

- Commit to serving meals on the same day of the month each month during the school year. For Mondays, Tuesdays, Fridays, Saturdays and Sundays: 35 meals; Wednesdays and Thursdays: 50 meals.
- Maintain a Main Contact who is 21 years of older who will take responsibility for the safe preparation of meals and who will communicate with the Meal Teams Coordinator.
- Communicate with the Meal Teams Coordinator at least one week in advance if your team needs any specific ingredients or supplies, or cannot prepare a meal for a scheduled day.
- If there are youth under 18 years old on your team, ensure there is appropriate supervision at all times.
- If you are purchasing ingredients, we recommend you spend no more than \$150 on meals. We also ask that you please provide us with the total amount you spent for the meal you provide, for our data-tracking purposes.
- Dessert: Any cookies, fruit snacks or candy will be given to children after the meal. (Please no ice cream or sundaes.) Please leave the desserts with the check-in person or staff on duty.
- Clean up responsibilities: clean up all utensils used, wipe down kitchen counters with bleach water, wipe off dinner tables and sweep.

What We Provide

- Meal Coordinator or staff/volunteer on-site to assist you with any questions.
- Water, plates, utensils, napkins, cups, etc.
- A full kitchen in Children's Village Building D (Hand in Hand/CRKM) and a partial kitchen in Building C (Y's Youth Development Center).

Meal Ideas

We're committed to helping all kids grow up healthy and strong. A healthy meal is likely to contain at least one item from the categories of Protein, Fruits/Veggies/ and Whole Grains. Here are some suggestions of main courses, which could be served with fruit or salad:

- Spaghetti and meat sauce, garlic bread
- Soft tacos and Spanish rice
- Chili
- Sandwiches: Cold cuts & veggies.
- Mashed potatoes
- Quesadillas (cheese & chicken)
- Burritos
- Vegetable Pizza
- Macaroni & Cheese



Meal Teams Application

Applying As: Individual Organization If Organization, list name: _____

Main Contact Information

First Name:	Last Name:
Phone Number:	E-Mail Address:
Street Address:	City/State/Zip:

Please select:		
We're available to prepare food on this day(s) each month: <i>(please check all available options)</i>	<input type="checkbox"/> 1 st <input type="checkbox"/> 2 nd <input type="checkbox"/> 3 rd <input type="checkbox"/> 4 th	<input type="checkbox"/> Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Th <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun
We plan on:	<input type="checkbox"/> Pre-preparing food and bringing it ready to cook or eat.	<input type="checkbox"/> Making our meal at the Children's Village.
For meal ingredients:	<input type="checkbox"/> We will purchase all ingredients.	<input type="checkbox"/> We request that ingredients be provided to us.
To serve the meal:	<input type="checkbox"/> We will serve the meal directly to youth.	<input type="checkbox"/> We will drop off the food beforehand, ready for staff or volunteers to heat and serve.

I've read and understood the Meal Team Expectations.

Signature _____ **Date** _____

Please complete this application and submit to:
Ruth Bermudez, Meal Teams Coordinator, at: rbermudez@ymca-snoco.org.
For any questions, contact Ruth Bermudez at (425) 953-8184